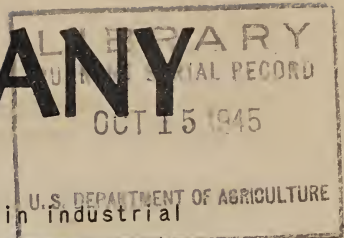


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SERVING MANY



Food news for food managers in industrial plants, restaurants, hotels, and hospitals

Published monthly by
WAR FOOD ADMINISTRATION

44-OS-(4)

Office of Supply
Midwest Region, 5 South Wabash Avenue, Chicago 3, Ill.

VOL. I

April, 1945

No. 10

MENUS - MENUS - MENUS

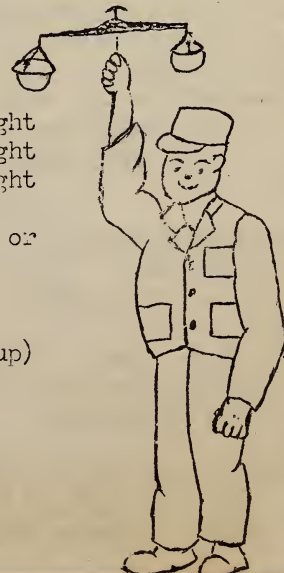
Beginning with this issue of "Serving Many," 15 menus will be presented each month for luncheon specials for industrial workers. These menus are planned to provide about one-third of the day's recommended dietary allowance for a moderately active man.

The menus feature foods in abundant supply. They are planned to utilize the available ration point allowance per meal to good advantage. The food combinations are selected so that the meals will be attractive, yet can be sold at a moderate price.

THE MENU PATTERN Menus for the luncheon special have been planned to include a protein-rich main dish, potatoes or cereal products like noodles or rice, a green or yellow vegetable or a salad, or a red or white vegetable with a fresh fruit or vegetable salad or relish, bread with butter or margarine fortified with vitamin A, a dessert, and milk.

SIZE OF PORTIONS It is important that the size of the food portions should be adequate to provide at least 1,000 calories and one-third of the day's nutritive requirements. Therefore, food served on the luncheon special should be apportioned as follows:

<u>Kind of Food</u>	<u>Quantity</u>
Roasted meats.....	3 to 3½ ounces, cooked weight
Braised and fried meats.	4 ounces or more, cooked weight
Fish.....	4 ounces or more, cooked weight
Eggs.....	1 or more
Meat extender dishes....	6 ounces -- or more if gravy or sauce is included
Meat alternate dishes...	6 to 8 ounces
Potatoes.....	4 ounces
Cooked vegetables.....	3½ to 4 ounces (about ½ cup)
Chopped and diced salads	4 ounces (about ½ cup)
Bread.....	2 slices or more
Puddings.....	4 ounces (about ½ cup)
Pies.....	1/6 or 1/7 of 9-inch pie
Cake.....	2-inch square, or equivalent
Milk.....	8 ounces



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FITTING THE LUNCHEON SPECIAL INTO THE CAFETERIA MENU....The luncheon special can be fitted readily into the regular cafeteria menu, as for example:

Appetizers and Soup

Tomato juice
Scotch broth and barley

Entrees

Roast beef
Meat pie*
Baked Beans

Vegetables

Mashed potatoes
Steamed new potatoes*
Creole cabbage*
Green peas
Carrot strips

Salads

Tossed vegetable salad
Jellied fruit salad
Head lettuce salad

Desserts

Soft custard with sliced oranges*
Baked custard
Chocolate cake
Fresh apple pie

Beverages

Coffee
Tea
Milk*

*The starred items on the regular menu are combined into the luncheon special as follows:

Meat pie with carrots and onions
Steamed new potatoes
Creole cabbage
Whole-wheat rolls with butter or fortified margarine
Soft custard with sliced oranges
Milk

USING ABUNDANT FOODS...The menus given this month feature three foods in abundant supply--cabbage, carrots, and oranges. Cabbage and carrots lend themselves to many uses, both as cooked vegetables and in salads. Oranges not only give a zestful flavor and an attractive color to a meal but contribute vitamin C which is often present in too small amounts in workers' diets.

Menus for the Luncheon Special

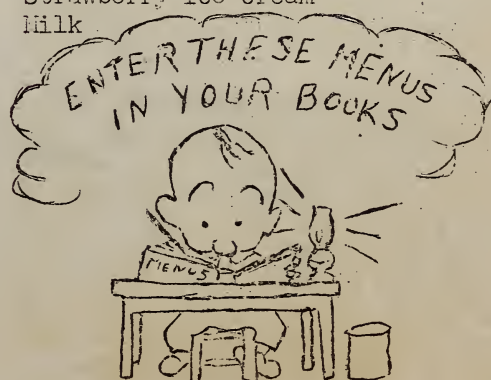
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|--|--|
| 1. Meat pie with carrots and onions 1/
Steamed new potatoes
Creole cabbage
Whole-wheat rolls with butter or
fortified margarine
Soft custard with diced oranges
Milk | 2. Spanish omelet
Baked potato
Green beans
Enriched bread with butter or for-
tified margarine
Frosted cup cake
Milk |
| 3. Braised lamb breast
Mashed potatoes
Spinach or other greens
Pickled beets
Whole-wheat bread with butter or
fortified margarine
Deep-dish cherry pie
Milk | 4. Baked beans with salt pork
Browned parsnips
Shredded cabbage and carrot salad
Brown bread with butter or forti-
fied margarine
Apple Betty
Milk |

1/ Recipe on page 14 of "Making the Most of Meats in Industrial Feeding." For a copy, write the Midwest Office of Supply, War Food Administration, 5 South Wabash Avenue, Chicago, Illinois

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5. Baked fish fillets with lemon sauce
Parsleyed potatoes
Broccoli
Enriched rolls with butter or fortified margarine
Warm gingerbread topped with apple butter
Milk
6. Roast pork shoulder with dressing
Oven-browned potatoes, with gravy
Glazed carrots
Enriched bread with butter or fortified margarine
Sliced oranges with shredded coconut
Milk
7. Chicken fricassee
Steamed rice
Green peas
Head lettuce with Thousand Island dressing
Enriched baking powder biscuits and butter or fortified margarine
Chocolate ice cream
Milk
8. Braised liver
Scalloped potatoes
Lettuce and tomato salad
Whole-wheat bread with butter or fortified margarine
Plain cake with orange filling
Milk
9. Hungarian goulash with noodles
Green beans
Cabbage and green pepper salad
Enriched bread with butter or fortified margarine
Baked custard with maple syrup
Milk
10. Baked lima beans a la creole, with bacon
Buttered broccoli
Apple, carrot, and raisin salad
Whole-wheat bread with butter or fortified margarine
Chocolate pudding
Milk
11. Beef tongue with spiced crab-apple
Parsleyed potatoes
Sliced carrots
Enriched rolls with butter or fortified margarine
Orange rice pudding
Milk
12. Pan fried fish with lemon
Creamed new potatoes
Fresh lima beans
Corn bread with butter or fortified margarine
Blueberry pie
Milk
13. Porcupine meat balls^{2/}
Hashed brown potatoes
Cooked green cabbage
Enriched bread with butter or fortified margarine
Jellied fruit
Milk
14. Pot roast of beef with gravy
Oven-browned potatoes
Parsleyed cauliflower
Sliced orange salad with endive
Enriched rolls with butter or fortified margarine
Strawberry ice cream
Milk
15. Stuffed flank steak
Mashed potatoes
Green vegetable salad
Enriched bread with butter or fortified margarine
Applesauce cake
Milk

^{2/} Recipe on page 9 of "Making the Most of Meats in Industrial Feeding," which is available from the Midwest Office of Supply, WFA, Chicago, Ill.



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SCreole CabbageIngredients--Amounts for 100 Portions

Cabbage, shredded..... 24 pounds
 Salt..... 4 ounces
 Onions, sliced..... 2 quarts
 Fat..... 1 pound
 Tomatoes, canned..... 2 gallons
 Green peppers, chopped.... 8 ounces
 Cloves, whole..... 20
 Bay leaves..... 8

Size of portion - 4 ounces

Cook the shredded cabbage in a small amount of boiling salted water until tender. Simmer the sliced onions and chopped peppers in the fat for about 5 minutes, add to the tomatoes and spices and cook an additional 10 minutes. Drain the cabbage, add the tomato sauce and toss lightly together.

Stuffed Flank SteakIngredients--Amounts for 100 Portions

Flank steak..... 25 pounds
 Bread crumbs, dry..... 4 pounds
 Hot water..... 3 cups
 Onions, chopped fine..... 6 pounds
 Eggs..... 16
 Poultry seasoning..... $\frac{1}{4}$ cup
 Fat..... 1 pound
 Flour, for dredging..... 1 pound
 Salt..... 4 ounces

Size of portion - 3 ounces of meat

Wipe steak with damp cloth and score. Mix bread, water, onions, eggs, and poultry seasoning together. Spread stuffing over steak and roll like a jelly roll. Tie securely. Dredge the rolled steaks in the salted flour. Sear in hot fat, turning frequently until brown on all sides. Place in covered baking pan, and cook at 350° F. for $1\frac{1}{2}$ hours or until tender.

HOW TO CARE FOR GREENS

Greens are rich in vitamin A and good sources of vitamin C and iron. Nutritionists say the average American could well eat as much as 50% more green and yellow vegetables.

Since vitamins disappear as vegetables wilt, use green vegetables fresh. When they must be held for a time, keep them cool, damp, and lightly covered. Pile loosely to prevent crushing.

Cook greens quickly--just until tender--season simply with salt and meat drippings or other fat, and serve at once. Usually no water need be added when boiling greens since the water that clings to the leaves is sufficient. Cover to speed cooking. Approximate boiling times are: Spinach, shredded cabbage, 5 to 10 minutes; beet greens, quartered cabbage, 10-15 minutes; collards, 20 minutes; kale, 10-25 minutes; broccoli, 15-25 minutes. Many recipes for cooking greens are contained in "Green Vegetables In Wartime Meals," AWI-54, available from the office noted on the title page of this bulletin.

NEW PUBLICATIONS FOR FOOD OPERATORS

Two publications that may interest industrial feeding operators and others concerned with purchasing foods for, and supervising industrial cafeterias:

"CARE OF FOOD SERVICE EQUIPMENT" published by the American Dietetic Association, and devoted to the subject of its title. It is available from the Burgess Publishing Company, Minneapolis, Minn.

"SAVING SUGAR IN INDUSTRIAL FEEDING" published in March of this year by the War Food Administration, and available from the Midwest Office of Supply, 5 South Wabash Avenue, Chicago 3, Ill. This bulletin tells how to use such sugar substitutes as corn and cane sirups, honey, molasses, and sorghum; and gives recipes for dishes low in sugar, including custards, puddings, sauces, cakes, cookies and pies.